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JUNE, 1974

VOLUME III, No. 6

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*Published Monthly by SERENITY SPIRITUALIST ASS'N.
NSAC, P. O. Box 137, Forest Knolls, CA 94933*

EDITORIAL DEPARTMENT

Richard P. Goodwin Editor
Kay A. Hammel Ass't. Editor

*Opinions expressed are not necessarily those of the Sentinel.
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THIRD ANNIVERSARY—SERENITY CHURCH

A lecture given at Serenity Spiritualist Church on May 5, 1974
through the Mediumship of Richard P. Goodwin

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THIRD ANNIVERSARY—SERENITY CHURCH

A lecture given at Serenity Spiritualist Church on May 5, 1974
through the Mediumship of Richard P. Goodwin

This morning on the third anniversary of this church, the topic is in keeping with that occasion and so we are speaking on this third anniversary of Serenity Church. In thinking on that topic these past few days, many experiences and memories, of course, are brought to mind. In the founding of this Center in its service to the community and, of course, in its growth and its pains of growth. An organization of any type is merely an effect of the efforts that its membership and its friends put into it. It cannot be any lesser or any greater than the parts that compose the whole, known as a church or an association and so it is with Serenity. It offers to this community and to whatever part of the world that it may reach, a philosophy of self-awareness and improvement.

Now, all of us see things in life from our own vantage point and so it is in this little church. It is combined of a number of people who see things in various ways; who see its purpose, perhaps, a little different than the next person. However, there is one principle that is common to all its membership and to all of its friends and that principle is the principle of awakening to our own true purpose in this life. Many people in these short three years have passed through the doors of this church. Some have returned and some have stayed. It is not important to me, at least, as the founder of this church, whether those who pass through these doors stay or go. What is important is that the purpose for which the association was founded is being served. And that purpose, my friends, is to serve God to the best of our ability, to recognize and to realize that each and every human soul is serving God in the way that they have found best for them at any given moment.

We are here to share with you a philosophy, a science, a religion that we have found of benefit to ourselves. It is not our purpose to decide whether or not it is beneficial for you, for when we permit our minds to decide what is best for another, then we are becoming the judge and the jury of what is best for things outside of ourselves. The business of living, my friends, is an all-consuming process. The business of living one's own life—it is a full time job, if we want to live it correctly for ourselves.

So let us give it some thought this morning, on this special day for Serenity, not for individuals and personalities but for the principle for
(Continued on Page 4)

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which this church is here today. The question may be asked, "What is it really doing and what isn't it doing?" If you look in a physical world, then you are not going to see a church structure of its own. That has not yet come to pass. But to us here at Serenity it will come at the right time and in the right way. The most important thing to us is that the teachings that have helped us so much to this point in life may be shared with those who are truly seeking them. And so it is that all of us have a responsibility. We have a responsibility to what is known as Divine justice, for that that benefits us is not what we try to push down another's throat but it is our responsibility to share with those who are seeking that which already has proven to help ourselves.

Many times people come to the light and they view it and having viewed it, they feel so much better. And then there are those who come to the light and find it too blinding for them at that moment and so they go, to come another day, at another time. Then there are those who come to the light and having viewed it for a time, wish to view something else. And so it is in a world of creation. And so it is justly so, for man truly values that which he has to make great effort to obtain, and having attained what he first valued, value starts to diminish when there is no longer great effort made to keep the attainment. It is like a man that is on a desert. He doesn't miss the water until he can't find the well and when he can't find the well, his thirst becomes unbearable. And so it is, my friends, in our seeking to find God. Let us not take for granted what we already have, for when we take for granted what we have, we only guarantee to lose it. Let us adjust, my good friends, our perspective. Let us be honest with ourselves.

Truly, the motives are varied for those who seek the Eternal Light of peace and freedom and, although those motives are varied, in time they grow to one—to one motivation, to one purpose, to one principle. Remember, we have wandered far, many of us, from home, but that only guarantees that we will wander back to our home, the home of our soul. My good friends, the home of our souls is not a physical structure. It is not a physical organization or church. A church is simply an effect of our seeking the home of our own soul. If we feel more comfortable in one church than in another, then, my good friends, wisdom herself dictates that is where we should be.

In this month's issue of our magazine, *THE SERENITY SENTINEL*, there is a beautiful poem by an unknown author. When I first read it, it touched the very depths of my soul. That poem is entitled, "It's Not Your Church, It's You." Truly, the author of that great poem was in-

(Continued on Page 6)

THE PENETRALIA

Being Harmonial Answers to Important Questions

by Andrew Jackson Davis

Continued from last issue—

“What is Truth?” asked Pilate. Now it depends entirely on his meaning as to whether he could himself answer in one hour, in one year, in five years, or in a million! If he meant *all Truth*—scientific, philosophical, theological, and spiritual — he then, through the centrality of his own individual consciousness, presented his question to the *Infinite*, and will be able to reply, item by item, stratum by stratum, as he ascends the unfolding spheres of the illimitable Future.

Because, if he meant *all truth*, he then had asked an eternal question; and the answer, through his own soul, could come in a period no less interminable. And yet, as, from his undeveloped state, he could not have meant *all truth*, (for only a God could intelligently put a question so profound,) therefore, I affirm that he will find many answers—each of which, at the time, may seem to his soul to be the *ultimatum* of satisfaction—at which he will rest a brief period, enjoying the answers; but presently the ability comes to put questions yet more profound, in other directions of being; and thus it is, by a method of spontaneous inward propulsion, his soul, ever unfolding in the grace of life, progresses through interminable series of degrees of Wisdom and Knowledge!

For myself I say that the reverence of my soul is deeply affected by questions put to Jesus—for I doubt whether anything else could have so impressively tempted forth the rich excess of spiritual beauty which characterized his responses. Plato felt questioned by all mankind. And so he answers, “All things are for the sake of the good; and the good is the cause of everything beautiful.” And the world, in some cultured parts, felt so charmed with the Greek’s Wisdom, it returned a compliment—“If Jove should descend to the earth, he would speak in the style of Plato.”

Plato felt the world’s needs, felt its questions, and gave his life to render the service thus demanded of his opulent nature. It hath been said, “he kindled a fire so truly in the centre of life, that we see the sphere illuminated, and can distinguish poles, equator, and lines of latitude, every arc and node; a theory so averaged, so modulated, that you would say, the winds had swept through this rhythmic—structure,
(Continued on Page 34)

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spired from the realm of illumination because he saw clearly that the disturbances and dissention that we sometimes view in what we call a church itself, it is our own pains of growth. It is our own attitude of mind. Remember, friends, if we cannot be happy with ourselves, inside of ourselves, then we cannot possibly be happy with the world and with people around and about us. So let us be about our Father's business and let us work on ourselves. Let us look more clearly at our soul. Let us find the meaning of life and let us wander back home to God, where we are all trying to be in our own way.

I would like before closing to share with you the humble beginnings of this Association for those who are not familiar with it. Six years ago this year, we founded what is known as the Serenity Spiritualist Camp Association or Camp Serenity, in the mountains of Mendocino. It had been a vision of mine for a number of years and it finally came to pass. Three years ago this month, we opened the Serenity Church. I had for a number of years entertained the thought that if there was anything in life that I didn't want—it was a church. My reason for entertaining such a thought, I would like to share with you. On my level of consciousness a number of years ago, I saw what I thought was so much dissention and disturbance in what is called an organized church or religious body. I could not understand at that time how people seeking the peace of God, the harmony and the unity of the Divine, could possibly express such discord and dissention. The years passed. And the thing we are adverse to, we guarantee. I had not thought, at least myself, that I had in my entertaining of not ever having a church of my own created an adversity but obviously my presence here reveals it.

At the request of a group of people from the realms of spirit, known to us as the Spirit Council, these doors were opened in order that these teachings and this philosophy and religion may be shared in this community. They were opened for that sole purpose. They were not opened to build a building of stone and mortar, though that may come to pass but they were opened to help those souls who were seeking an understanding of life herself. When they were opened, I had received one promise from the world of spirit—the one thing that changed my attitude and permitted me to move in the direction of founding a church, and that one promise I would like to share with you. The Angels who brought this Center into being said to me, "If you will open for us a spiritual center, we promise you that those who enter its doors and become a membership to support it, will grow or go, but harmony and unity and the purpose for which we are bringing it to the world

(Continued on Page 29)

Student's Corner



by Robert Paulson*

The human being assigns a finite value to everything that his senses recognize because he does not know the Infinite. If we may quote parts of the affirmation known as "Total Consideration"—

"I am the manifestation of Divine Intelligence," and "without beginning or ending, eternity is my true awareness....." These two lines are so very important to the overcoming of fear, for those who believe them have no fear.

If one knows that the Divine is infinite and that eternity is infinity, one may say the lines again in another way. 'I am the manifestation of Infinite Intelligence,' and 'without beginning or ending infinity is my true awareness.' One needs never fear lack of supply, for that which is infinite is infinite. There is no end.

Stand back and let's let the Infinite or the Divine be recognized. Of course, this does not mean that one should do nothing, for even the rock does something. Do your part in balance with your position in the universe and you will be rewarded according to your kind.

Energy or mass is neither created nor destroyed, but everything is in the process of change. With your will—change each day according to your need and you will produce results which will manifest in Infinite supply. There is no end.

"Consideration is the soil in which wisdom may be expected to grow, and strength be given to very upspringing plant of duty."

—Ralph Waldo Emerson

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

THE PIVOTAL POWER

The indescribably perfect wisdom of the Infinite is seen in nothing so complete as in the two-foldness of human nature and in the manifoldness of its operations.

"Tell me, brother, what are we?
 Spirits bathing in the sea of Deity!
 Half afloat, and half on land,
 Wishing much to leave the strand,
 Standing, gazing with devotion,
 Yet afraid to trust the ocean,
 Such are we."

Nothing more entirely transcends the comprehending faculty of mind than this familiar ever-present fact called "human nature." The solution of the impenetrable mysteries of the "Godhead," with the completest explanation of the universal system of Nature, do not (apparently) so much strain man's reason and imagination as do the every-day questions, "What is reason?" and "What imagination?" The magnification by man of his own personal consciousness into infinite proportions and attributes, which immense Man he tranquilly Names "God," and which he then bows down and worships, is a child's performance compared with the impossible task of answering that ever-recurring question, "Man, what art thou?" Man cannot answer this question because he cannot transcend himself; nay, he cannot ascend to the highest summits of his own attributes of comprehension. Therefore there forever remains a superior part, an Alpine peak of unapproachableness, a private height of consciousness to which the self-investigator can never attain, and which consequently forever remains to its proprietor a supreme mystery.

This private mystery in the heights of personal mental existence is rendered more mysterious by the celestial influences which hover about its undefinable susceptibilities. These touch and fill it with uncontrollable longings for wisdom and knowledge. Doves, descending from unknown arks, alight within its recesses; and they seem to tell of things far off—awakening day-dreams of the lands of immortal beauty,
 (Continued on Page 14)

Visitors Views



"I found this service, my first, to be very inspiring. Will plan on more visits in the future."

"Refreshing openness was inspiring. Something for each person."

"It is remarkable to find so many wonderful people happily in tune with the spiritual world." Jerry

"Services very happy experience." M.O.

"I felt it was very interesting. And felt it was something different. I liked it very much and since it was my first time I would like to come more often."

"I enjoyed the warmth and openness of the people who participated in the service. Since it was my first time I really had to struggle to keep open. I will come back. I liked it." N.S.B.

"I found it very interesting and somewhat surprising as it is my first experience in this philosophy." E.K.

"My deepest gratitude to our Unseen Friends. For a long time they have been trying to guide me, but my scepticism has prevented me from opening myself to the communication I sought. Today I received the evidence and assurance I asked for and came to Serenity Church to get. Because of this I am determined to devote my life to the Ministry and Healing." Hal Hammond

"I do not understand exactly what I'm doing here but it is interesting therefor I will continue to attend the Church."

"I found it very interesting—would have liked to have more time and really into it but it was a personal treat as well as inspiring."

SPIRITUALIST DICTIONARY

Laying on of Hands:

Healing practice, performed by Jesus and once very common, now gradually gaining favour in some churches again. Equivalent to the Spiritualist's 'contact healing.'

Circle Leader:

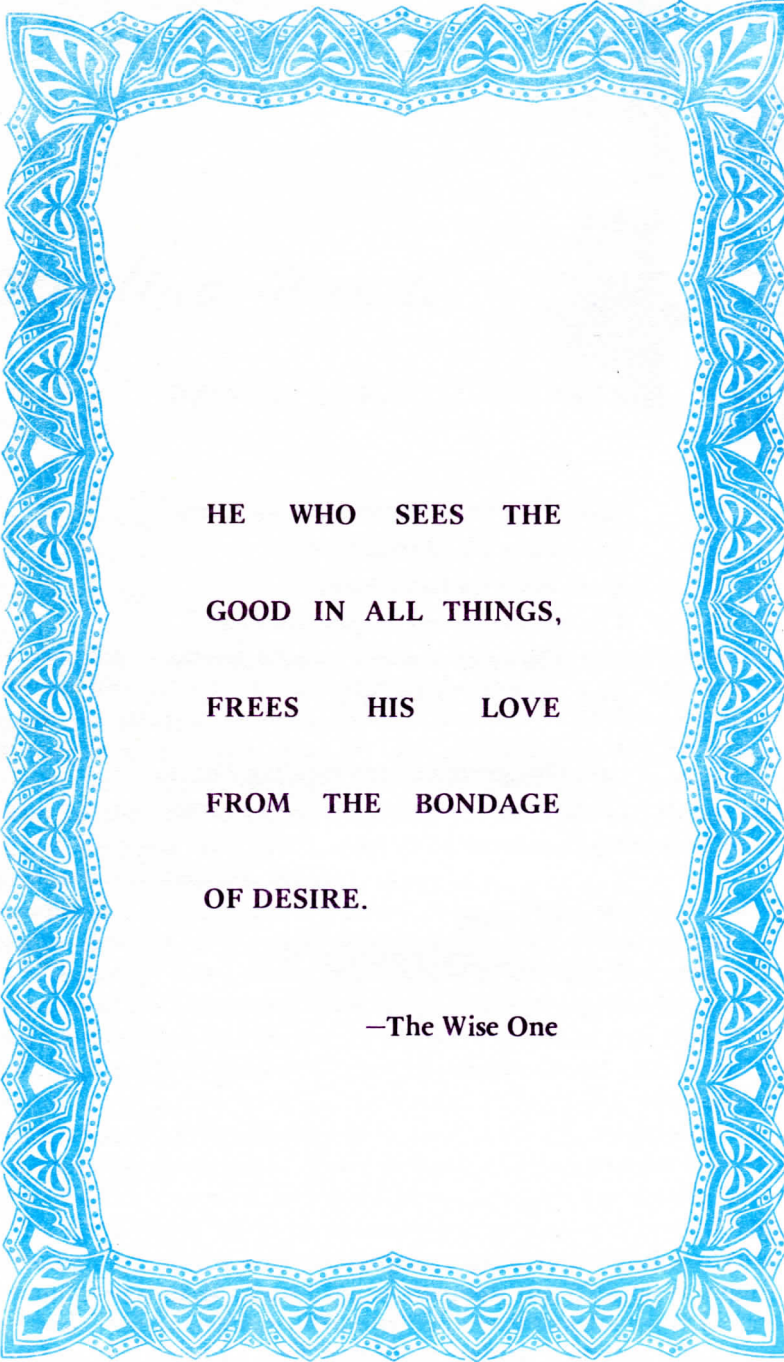
It is usually advisable to nominate a leader for a circle, apart from the medium. This person should be experienced in Spiritualism, level-headed and trusted by the other members. The leader is responsible the conducting of the circle procedure and arrangements generally, and should be competent to deal with any emergency.

Rosemary Mediumship:

An impressive case of xenoglossy. In this instance, ancient Egyptian was spoken fluently by 'Lady Nona' the medium's control, and was translated by Mr. Howard Hulme. Dr. F. H. Woods believes it is established beyond doubt, that over 140 word-phrases current during the building of the Luxor Temple, have been spoken by this extraordinary means.

Symbolism:

The art of representation by different means. Often the easiest and quickest method of conveying information is by a symbolic impression on the medium's mind; i.e., the name 'Penny' could be symbolized by a vision of the appropriate coin. The drawback is the possibility of misinterpretation. Prophetic visions are often symbolic. Over years of close cooperation between control and medium, it often happens that a symbolic 'code' is built, of extreme reliability.



HE WHO SEES THE
GOOD IN ALL THINGS,
FREES HIS LOVE
FROM THE BONDAGE
OF DESIRE.

—The Wise One

PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands



by Sandy Johnson*

As man has evolved through this earth form of expression, he has permitted himself to become out of harmony with Nature's Balance. Through his struggle to learn faith in this material dimension, man has been caught in his own trap of fear and concern for his own supply and material welfare, denying his birthright that he in truth is an expression of the Divine Infinite Intelligence to whom all things are possible. It is through this denial that man becomes grounded in self and experiences discord and disease.

Accepting this understanding that man is truly the cause of his own ill health through the misdirection of his own thinking and faith, we must re-examine our present methods of treatment and cure of disease. Treatment of the physical form quite often temporarily eliminates or subdues the effects of disease. If we wish to claim our right to perfect health and perfect peace where all things inside are harmoniously arranged, we must go back to the cause. It is at this point we must remember that man is a being of many levels of consciousness, all of which must be considered. As we remove our concern for the particular ailment we are experiencing and direct our thinking to the Divine, we will rise to a level of consciousness of perfect peace and harmony.

Although we know this technique is most beneficial, because whatever happens to us is caused by us through the created thought of our own minds, we have great difficulty in demonstrating it. It is the nature of the ego and form to seek attention, which is energy. Man has found that he receives a great amount of attention by complaining about his
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and enkindling the flames of love and adoration for things and persons in a higher realm.

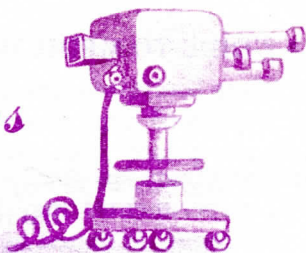
Very few human minds are strangers to these mysterious whisperings in the heights of consciousness. But in the haste and confusion of common life it is not often that any one enters into the golden silence long enough to interrogate them. The popular method is to attempt to gratify or neutralize their celestial interpositions, by attendance upon "public worship," or by indulgence in pictures, poetry, music, and the drama. But there are always a few persons who seek to feed these longings by occasional association with spiritual natures; by consolations through favorite agents of communication with the departed; or, most rarely, by the cultivation and calm enjoyment of an "inner life."

Shall I augment the mystery, or may I solve one of the supreme problems of human nature, by affirming that there is a Power enthroned in man's consciousness, to which both the matter of his body and all the mind in his possession are servants? This power is the pivot on which his universe revolves. It lifts him superior to all ordinary ties and dependencies. He is cut by it free from every "entangling alliance," which arises from his intimate relationship to everything in the kingdoms beneath, or from the world of life which rolls perpetually around him. You are by this power made conscious of an existence independent of both Nature and Deity. It compels you to accept the sublime responsibility of an eternal individual life. Its two-edged energy separates you from the womb that gave you form and consciousness. You master by it all the clogs that impede your growth and progress. It inspires you with courage, strength to overcome, patience to endure, fortitude to stand, motive to spiritualize matter, and with a sort of peri-consciousness by which you meet and measure everything and all persons about you.

Am I increasing the mystery which floats over the summits of your already inaccessible mental mountains? I think that I am not. But I believe you will smile with incredulity and disappointment when I affirm that the "pivotal power" in man, to which both mind and matter are servants, is that energy which is familiarly called Will.

Upon the diamond-point of this power turns the entire universe of mind. In the animal we behold nothing but a partial manifestation of this mystery. To a seer, the mental force and headlong persistent energy in the mind of the animal, is but a prophecy of that power which in man exalts him to the fellowship of gods. Impulse, derived from the attractions and repugnances of awakened inclinations, is all the will-energy ever manifested by an animal.

News & Views



by Duncan Robertson*

After 125 rainless days in Tuscon, Arizona, reporter Robert L. Thomas printed in his column, "Think Rain." The next day Tuscon was greeted with a downpour. Thomas solicited the opinion of syndicated columnist Carl Payne Tobey as to the queer juxtaposition of events and Tobey says he believes it was a case of mind over matter. That the concentrated thought of the population evoked the desired event.

Freud studied the psyche of the Individual. A modern day Freud, Dr. Heinz Kohut of the Center for Psychosocial Studies is working on the idea that the "Group Self" of a nation or a people can be investigated in much the same way as the self of an individual. Dr. Kohut says that a new science has to be created which would attempt to explain and suggest how to control "the irrational frustration and aggression of large groups of people whose mass egos have been suicidally bruised."

"Look at the incredible things these extremists are doing," he says. "They would rather die, like Samson pulling down the temple, if they can show they are all-powerful. They will perish themselves, but they don't care."

EDITOR'S NOTE—

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*).

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue—

The experimenter may be both a medium and a psychometer, but the difference, as stated by Mrs. Denton, is this: 'The medium is dependent for the information he receives as a medium upon intelligencies foreign to his own—upon others; hence the necessity for him to be passive, that his will may not intercept nor his opinions color the communication being given through him. The psychometer must depend for any information he may be able to acquire upon his own powers of recognition, of comprehension, of discrimination—largely upon his own judgment—as to whether he is confounding different scenes, characters, and conditions, or holding them severally distinct and true to their own longings.'

But many mediums are employed by their spirit friends for psychometric experiences. While normally unable to give such readings, their spirit guides are able to do so through them. Still, Mrs. Denton's contention is undoubtedly, in the main, correct; and those mediums who study, and seek to develop, their own powers, almost invariably find, after a time, that they can successfully obtain results while in the normal state, which formerly could only be attained when they were 'under control.'

In almost all phases of mediumship this tendency is observable. The cultivation of the psychic nature and the evolution of its powers under the abnormal stimulus of the 'suggestion' and magnetic influence of the spirit operator, result in the permanent liberation of those faculties, and as the outcome of the education thus acquired; the medium is ultimately normally benefited, and can consciously employ those powers and cooperate with his spirit friends, so that instead of being a blind, unconscious automaton he becomes an intelligent co-worker with them. Many speakers who at first had to be entranced before they could address an audience become, at a later stage, very successful normal speakers, either with or without the inspirational aid of their spirit friends.

The Powers of Spirits Limited

We now know that spirits do not oust the medium and occupy his body and brain, as one tenant follows another and takes possession of
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physical condition. Much time is spent describing symptoms and treatment to others illiciting their sympathy and receiving a form of attention or energy. It should be remembered, however, that the spoken word is life giving energy, and through this process of concern for the condition, the actual disease itself is also being fed.

And so we see that man experiences his disharmony and disease, for just as long as he permits it to be entertained in thought, conscious or otherwise. When the need no longer exists for demanding attention through this method, the condition can be released to the Divine and man can claim his Divine right to perfect health.

(Continued from Page 24)

Serenity extends its sincere gratitude to those few workers who have worked diligently and tirelessly for the past six weeks, in an effort to bring forth the Living Light teachings in cassette form. These inspired teachings from the spirit realm have been electronically reproduced from the original recordings of lectures, including all Spiritual Awareness Classes, given from 1964 to date, through the trance-mediumship of Mr. Goodwin.

Serenity is in process of looking for its own home to purchase. Our present abode is bursting at the seams with equipment, tapes, doll materials, office supplies, etc. More room for workers and these items is sorely needed. Miss Sandy Johnson is in charge of the Building Fund Committee, which incorporates searching and collecting funds for our own home and new church.

"We often forget this, most of us; but it is true. Noise, anger, explosive tones, superlatives, exaggerations of passion, add nothing to the force of what we say, but rather rob our words of the power that belongs to them. But the utterance that shows a spirit subdued by truth and mastered by wisdom is the utterance that sweeps away opposition, that persuades and overcomes. Go into a heated political convention, and you will find that it is not the men who get angry and storm and swear who carry the day. But the men who never lose their tempers and never raise their voices; who keep talking quietly and placidly as if they were discussing the weather. This is a truth that all of us who seek to influence our fellow beings, in the family, in the church, in the school, in society, in politics, anywhere, must lay to heart. We are prone to forget it; but we make a great mistake when we do forget it. The soft tongue breaketh the bone. The tames tongue subdues the adversary."

—Washington Gladden

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE: \$10,196.49

\$3,000

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We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

"Broaden your horizons; think well where you send forth your energy. Remember that success and failure is one and the same thing, for indeed it is only an effect of spent energy, constructive or destructive; you are never left without choice.

"The Living Light" is invaluable, timely, and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing. Mail order to:

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(Continued from Page 16)

a house. The spirit does not provide and dictate the actual words to be used by the medium, save in very exceptional cases, but acts upon him by 'suggestion,' by impression, by thought-transference, and by stimulating his natural capabilities. The spirit cannot create abilities; he can only quicken and intensify those which are latent. He cannot cause the medium to exceed the range of what is possible to him when his dormant powers are cultivated, but he may, and frequently does, cause him to transcend his ordinary abilities, and ultimately brings up the normal expression to the plane of the abnormal.

Hudson Tuttle emphatically expresses his opinion that: 'A medium cannot be controlled to do anything against his determined will, and the plea that he is compelled by spirits is no excuse for wrong-doing. The medium, like anyone else, knows right from wrong, and if the controlling spirit urges towards the wrong, yielding is as reprehensible as it would be to the promptings of passion or the appetites. While in this earth life the duties and obligations contracted therein are paramount to all others; a proposition which must be admitted by all right-thinking spirits. The medium who is unbiased in his own mind cannot be led away from right-doing by the influence of mortals or spirits.'

Unsatisfactory Seances

How much depends upon the sitters as regards the success or failure of any given seance? Some people who visit mediums are almost invariably successful; others seldom, if ever, obtain clear and convincing evidences of spirit identity. It is difficult to always determine what are the causes of these differences. There is some peculiarity of sympathy of psychic rapport, which is not necessarily mental or moral, and yet it is an openness of soul requisite for success. There may be a good deal of truth in the following, by Lucy A. Mallory:—

"The reason why there is so much that is unsatisfactory in the communications from discarnate spirits is because those seeking communications do not understand how to put law into harmonious operation. In the first place we must have acquired self-control before we can receive anything satisfactory from the spirit world. If our being is not in order we can get only confusing messages. But whoever will put themselves in proper condition can have communication with the spirit world, and there is nothing life can offer that gives such perfect satisfaction. No evidence will positively satisfy the soul below the plane of its own consciousness."

(To be continued in next issue—)



Cook Book Capers

by Edie Faubel*

TUNA CHEESE STRATA

- | | |
|------------------------------|-------------------------------------|
| 12 slices day old bread | 3 slightly beaten eggs |
| 4 oz. grated American cheese | $\frac{1}{4}$ tsp. salt |
| 1 can tuna | $\frac{1}{8}$ tsp. pepper |
| 2 cups milk | $\frac{1}{2}$ tsp. prepared mustard |
| 1 Tbsp. minced onion | $\frac{1}{2}$ tsp. paprika |

Remove crusts — arrange 6 slices in 8 x 12 inch dish. Cover with all of tuna and one half of cheese. Top with 6 slices of bread and rest of cheese. Combine eggs, milk, etc., and pour over. Let stand 15 minutes or can be made a day in advance. Bake at 325° for 40–50 minutes. Good served with slightly diluted cream of celery or mushroom soup.

COOKING HINTS

A dash of hot coffee added to pan drippings enriches the flavor and color of gravy from steaks, chops, or ham.

If whipping cream looks as though it is not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it.

INVOCATION

Again the day dawns; again the sun is shining; and the songbirds sing and all the world is awake with gladness and joy. Only the hearts of those who do not feel the glory of living, the joy of life, and peace of progress, are sad and unhappy. Help us, O Angel Loved Ones, to rise above the doubt, the fears, the pains and the anguish of this life, that we may be fitting instruments to carry the word of assurance, of knowledge, of love, to all who are in the shadows and have not yet found comfort for their souls and who are ignorant of the fact of spirit communication. The knowledge of this communication is the golden thread which glorified and sanctifies and beautifies whatever of the sombre shade may work itself into the fabric of life. Open our natures to great revelations; give us eyes to see, ears to hear, and hands to do; that we may work with greater efficiency and zeal for those who labor with little hope of reward in this life and vision no life beyond the portals of the tomb. Bless us in our effort to bring to the attention of humanity the gospel of the continuity of life. Give us patience in the work and keep our hearts ever understanding and sympathetic. Amen.

ROAD TO HAPPINESS

Are you in love with life? If so, "know thyself," for in so doing you shall learn the laws which expand and prolong life and you shall perceive the nobility of giving no unnecessary pain to any living creature.

Do you seek knowledge? If so despise not the small things; deem nothing too sacred for honest investigation; sound the reasons for things, meditate upon the wisdom of the learned, but accept only Truth as final authority.

Are you distressed with thoughts of the wrongs done? If so, resolve to do wrong no more; open the windows of your soul and let the sunshine in; seek the companionship of the good, ask for the aid of invisible helpers and set yourself some worthy task.

Are you satisfied with self? If so, learn from the truly great and good how small are your attainments, how crude your development; look into the starry heavens and learn to be humble; seek to answer the questions of a child and learn the limitations of your wisdom.

BENEDICTION

May the knowledge and proof of spirit communication make Life more understandable and Death, our friends. Amen.



Busy Bees

by Bee Dorbandt*

The month of May was a very special time for the members and friends of Serenity, as the founding of our church took place three short years ago. We celebrated this Third Anniversary with a special Devotional Service and brunch on May 5th. Most of the congregation remained to partake of the lovely food, which included a commemorative anniversary cake.

Our monthly Dinner-Social, entitled "A Dutch Treat", May 18th, was one of the most delightful we've had, complete with a miniature, working windmill and Delft ware. Discover the delights of feasting in foreign lands by attending our dinners.....the decorations and music are in keeping with our themes. The next Dinner-Social will be "An Evening in Paris" on June 15th at 6:30 p.m. There are prizes, games and fun for all who attend. For reservations, see one of the workers after the Sunday service or call the church office.

The pre-Mother's Day Bake Sale at Northgate 3, was abundantly—supplied with cakes, breads, cookies, candies and sweets by the members and friends of Serenity. All the home-baked items were sold. Our next Bake Sale will be at the Cove Shopping Center, Blackfield Road, Tiburon, on June 29th. Please note a time change for this particular Bake Sale. We will be there from 11:00 a.m. to 7:00 p.m. We appreciate your efforts in helping us to help Serenity grow to serve the spiritual needs of the community.

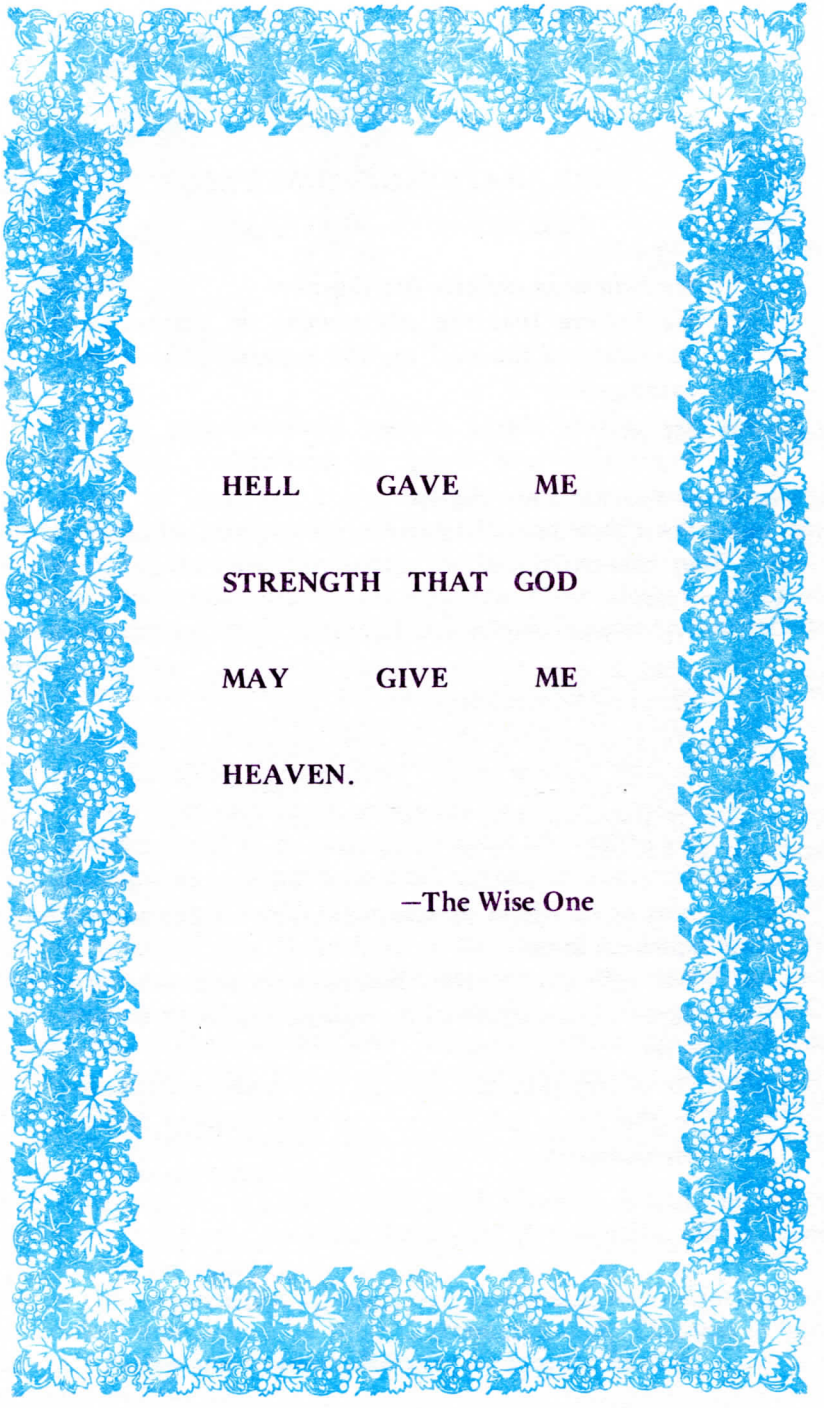
John Gillespie, Jr., a junior member of Serenity, is truly missed. He is now in the Air Force, based at Lowry AFB, Colorado, and is doing a fine job serving his country.

Golden Gate Spiritualist Church, San Francisco, had a Mother's Day buffet cooked and served by their Craftsmen's Club. This was in honor of their late pastor and founder, Reverend Florence Becker.

(Continued on Page 17)

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



HELL GAVE ME
STRENGTH THAT GOD
MAY GIVE ME
HEAVEN.

—The Wise One

BECOMING A SPIRITUALIST

Living Religion
by H. Gordon Burroughs

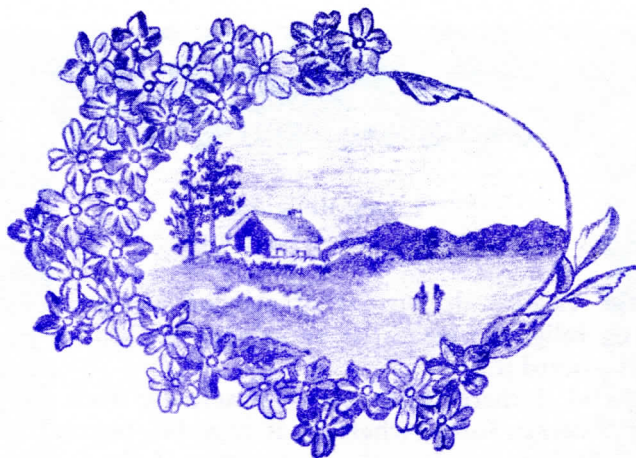
One of the clearest definitions of religion was given by Cardinal Newman: "By religion I mean the knowledge of God, of His will, and of our duties toward it."

It is doubtful if there is anyone who actually does not believe in some power, energy, force, whatever it may be, beyond himself. No one can say, "I have reached the stage where I do not need God or religion." Every human being does need God. As a Church, we Spiritualists not only believe in, but know, something of this power, this force of which we are a part, which we have designated as Infinite Intelligence or God.

There are many people who claim to be atheistic or infidelic. I was at one time associated with lumber men in the woods of Wisconsin and Minnesota; they were a rough group. Their profanity was musical; one would have thought they were the most hardened group of men in the world. But one time in felling a tree, the tree fell upon some rabbits and killed them. I saw those hard-hearted men cry; their hearts were touched. If one of their number became ill or was injured, with one mighty accord they came to the rescue, assisting the injured one and his family in whatever way they could.

I was also associated with another group of men on the freighters on the Great Lakes. Many of them claimed to be atheists; but if any one of them hit his finger with a hammer or dropped something on his foot the first thing he would say was, "O my God!" That is the first cry that usually, in moments of stress, issues forth from any human being whether he is a confirmed believer or not. Why? Because back of all objective reasoning there is an inner self that knows, and under stress manifests through these objective faculties of ours.

Who can doubt the great heart of Robert Ingersoll, the greatest so-called infidel we have had in this country? Read his oration over the casket of his brother. In doing so, one is convinced that the great orator was definitely in touch with that Higher Force which we call God. He could not accept the ecclesiastical interpretation of God; but it is beyond belief that he ever actually doubted a power, a force, an energy existing beyond himself.
(To be continued in next issue)



Lest We Forget

Adkins Family
 Florence Becker
 Black Hawk
 Jane Buck
 Dean Cavender
 Orvil Cavender
 Vera Cavender
 Lee Cole
 Harold M. Goodwin

Isa A. Goodwin
 Jonquil
 Martini
 Mike
 Clifford Nelson
 James Pearce
 Poika
 Robert Walker
 Willie

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

(Continued from Page 6)

shall carry on." And so, I am indeed grateful this day, though many have come and many have gone, a few have stayed and the process of harmony and unity and serving God continues on. Thank you.

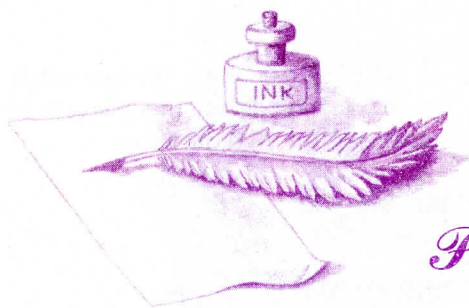
WATCH YOURSELF GO BY

by Strickland Gillilan

Just stand aside and watch yourself go by;
Think of yourself as "he" instead of "I,"
Note, closely as in other men you note,
The bag-kneed trousers and the seedy coat.
Pick flaws; find fault; forget the man is you,
And strive to make your estimate ring true.
Confront yourself and look you in the eye—
Just stand aside and watch yourself go by.

Interpret all your motives just as though
You looked on one whose aims you did not know.
Let undisguised contempt surge through you when
You see you shirk, O commonest of men!
Despise your cowardice; condemn whate'er
You note of falseness in you anywhere.
Defend not one defect that shames your eye—
Just stand aside and watch yourself go by.

And then, with eyes unveiled to what you loathe,
To sins that with sweet charity you'd clothe,
Back to your self-walled tenement you'll go
With tolerance for all who dwell below.
The faults of others then will dwarf and shrink,
Love's chain grow stronger by one mighty link,
When you, with "he" as substitute for "I,"
Have stood aside and watched yourself go by.



Poet's Pen

Eternity Affirms the Hour

All we have willed or hoped
 or dreamed of good shall exist;
 Not its semblance, but itself;
 no beauty, nor good, nor power
 Whose voice has gone forth,
 but each survives for the melodist
 When eternity affirms the
 conception of an hour.
 The high that proved too high,
 the heroic for earth too hard,
 The passion that left the ground
 to love itself in the sky,
 Are music sent to God
 by the lover and the bard;
 Enough it was heard once:
 We shall hear it by and by.

—Robert Browning

The Greater Thing

Great it is to believe the dream
 When we stand in youth
 by the starry stream;
 But a greater thing is to
 fight life through
 And say at the end,
 "The dream was true."

—Edwin Markham

Attainment

Use all your hidden forces.
 Do not miss the purpose of this
 life, and do not wait
 For circumstance to mold or
 change your fate.
 In your own self lies destiny.
 Let this vast truth cast out all fear,
 all prejudice, all hesitation.
 Know that you are great,
 great with divinity.
 So dominate environment, and
 enter into bliss.—
 Love largely and hate nothing.
 Hold no aim that does not chord
 with universal good.
 Hear what the voices
 of silence say,
 All joys are yours if you
 put forth your claim,
 Once let the spiritual laws
 by understood
 Material things must answer
 and obey.

—Ella Wheeler Wilcox

FABLES FOR YOUNG AND OLD

THE MISCHIEVOUS DOG

Once there was a Dog who was the most unruly animal in town. He barked at every passer-by and occasionally even bit people. His Master was distraught because the Dog caused so much trouble. One day the Master asked a Neighbor for some advice on the matter.

"You should put a muzzle on him so he can't hurt anyone," said the Neighbor. "He might even become so embarrassed that he'll calm down."

The Master decided it was worth a try, so the next day he caught the Dog and fastened a muzzle on him. But the Dog was quite proud to wear the muzzle as a sign of his great ferocity. He strutted through the center of town so everyone would have the privilege of seeing the muzzle on him. He was spotted by an older dog, who caught him and pulled him aside.

"Why are you acting so proud?" he asked. "Don't you know this muzzle marks you as a menace to society?"

The mischievous Dog hadn't thought of himself in exactly those terms, and it was quite a blow to his self-esteem. So he crept back home to his Master and was never known to cause trouble again.

—Notoriety is often mistaken for fame—

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THE LIVING LIGHT philosophy, patterned after life herself, is the understanding developed over centuries by The Wise One, a Great Teacher from the higher realms of Light. These teachings are brought to us through the trance-mediumship of Richard P. Goodwin.

These cassettes, electronically reproduced on the highest quality tape available, are individually priced at \$7.50 plus California State Tax and shipping charges of \$.50 each. They may be purchased for only \$6.00 plus tax and shipping charges by members of The Serenity Cassette Club, whose obligation is to buy twelve (12) cassettes per year.

Details of the Cassette Club and a full description of the cassettes are contained in our Cassette Catalog, which we will furnish upon written request.

These cassettes are invaluable as tools to further your knowledge of the Universal Laws of life. The methods and discourses given therein are useful, practical and pertinent to your every-day living as well as to your higher aspirations.

Please direct inquiries to Cassette Dept., Serenity Association, P. O. Box 137, Forest Knolls, CA 94933.

EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "Why can I not control my thoughts, or can a man control his thoughts?"

ANSWER: There is but one road to victory in this direction, and even such conquest will be partial, so that you will conclude that thought is uncontrollable. The straight road is concentration of mind. This habit is favorable to self-control. It is the opponent of chaos, and sets the mind in order. For the acquisition of this mental custom, and in the prosecution of studies we cannot do better than quote Tranio's advice to his master in Shakespeare's "Taming of the Shrew," as follows:

"The mathematics and the metaphysics,
Fall to them as you find your stomach serves you:
No profit grows where is no pleasure ta'en:
In brief, sir, study what you most affect."

The human mind, being a substance, acquires a momentum by exercise. When once set in motion it performs like a ball projected from the hand, and keeps rolling, (or thinking), until the primal impulse is exhausted, just as a ball will stop when the original force is wholly spent. This fact in the mental constitution demonstrates its essential substantiality. The melancholy poet said: "My thoughts on awful subjects roll—damnation and the dead." We suggest a more cheerful exercise. Some minds can easily control their emotions, and even their thoughts, sufficiently to fix them upon a given subject; but others, impetuous and enthusiastic, and chaotic by turns, think over and over the same few unwelcome themes. Still others are

-----"Like a gate of steel,
Fronting the sun, that renders back
His figure and his heat."

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(Continued from Page 5)

and not that it was the brief extempore blotting of one short-lived scribe." The purity and truth of an answer depends upon the quality of the question. "A soft answer turneth away wrath" it is true; but a soft reply can be made only by sould who feel their charity questioned.

Each man is capable of rendering high service to humanity; but whether humanity gets it from him, or the reverse, will ever remain for the world to decide. Man is able to work. But he must be made to see the occupation which is *good for all*; or being born for *action* of some sort, he will perform the inharmonious part. Enslave a man, and, by virtue of his degradation, he will in return enslave you. Do injustice, and you will suffer it; for questions and answers, like cause and effect, essentially correspond.

Now here am I, acting faithfully in accordance with my personalities and its boundaries. If you know how to use me, as my nature prescribes, I shall then yield you a permanent benefit. But, if in your ignorance of yourself (and, therefore, of me), you do not put me *to the best service*, you will soon feel the penalty. This penalty, nevertheless, is a benefit, though of a negative character. It will not teach you a truth, but of an error committed; and teach the method of escape. The tree is true to itself; and I to myself. If I know enough of myself to put the best questions to that tree, it will yield me the best lessons of benefit—lessons, which the woodman does not get, nor the bird that sings upon its boughs, neither the squirrel that feeds upon its fruit. Yet there remains to the woodman, to the bird, and to the squirrel, *other* benefits in the tree—to obtain which I have neither the disposition, nor the power. Thus, the same tree, when tempted forth, will serve and benefit a hundred individualities, a hundred forms of matter; the earth, the water, the atmosphere, bird, quadruped, and mankind. Its powers to do this, however, lies not so much in itself as in its interrogators.

"I will go into the desert and dwell among ruins," said Volney; "and will interrogate ancient monuments on the wisdom of past times." He asked the past for its history of evil in the world; and it answered him.

If you perceive not my meaning—because of the new dress my thoughts may have assumed—you will nevertheless get something. What I mean to mean you may not see, but you are very likely to see what I do not; and you might impart to me, in the next hour, that which I have now no power to communicate.

(To be continued in next issue)

(Continued from Page 5)

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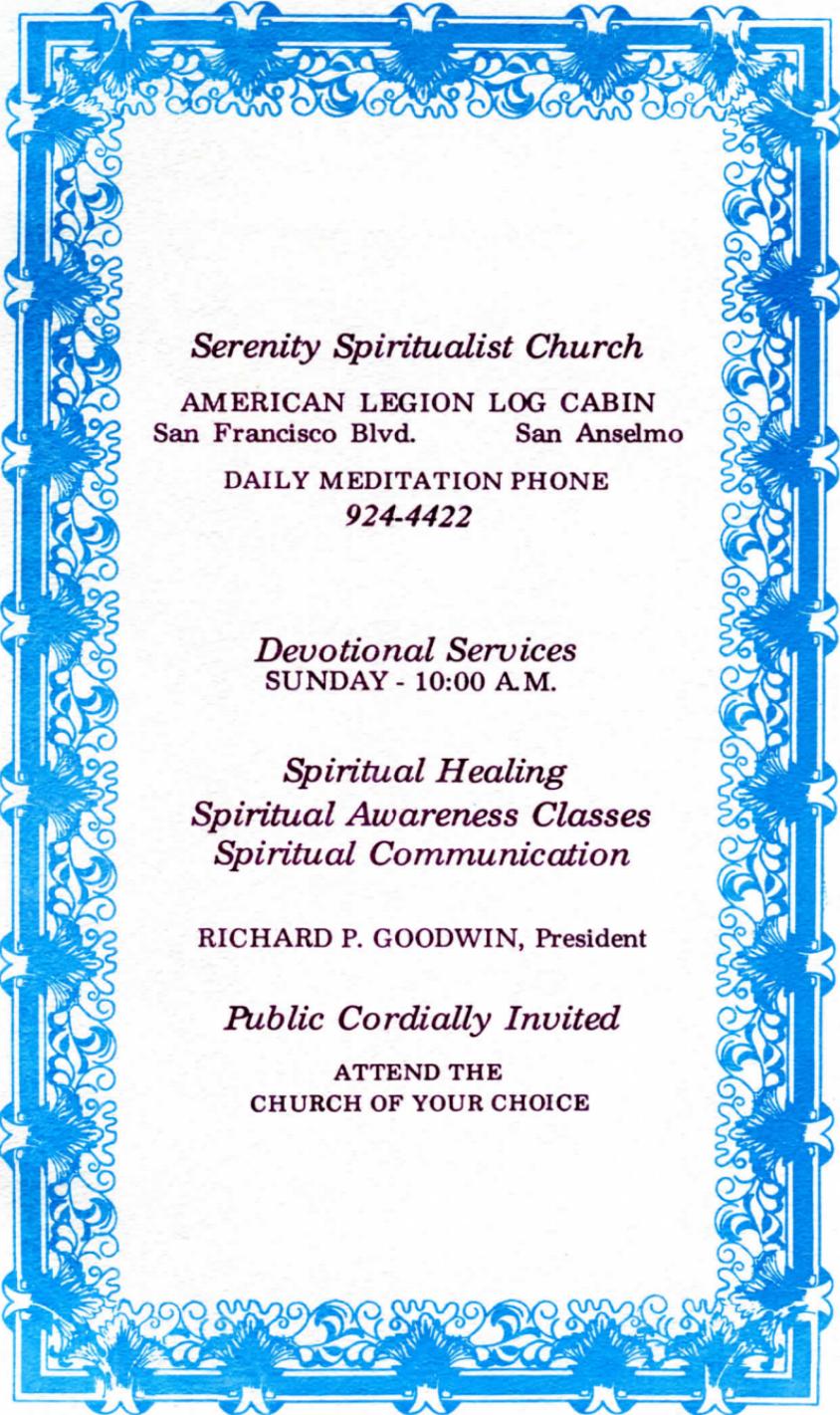
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